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FOLIC ACID

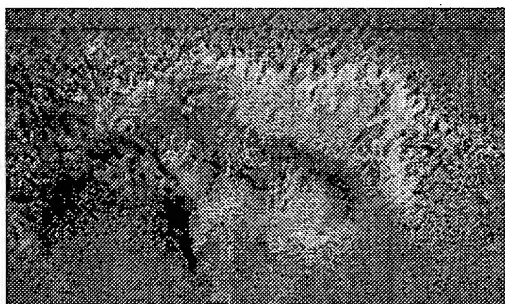
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Folic Acid

Folic Acid, or pteroyl-L-glutamic acid, is one of the water soluble B-vitamins

Did You Know? Other names for **folic acid** are folacin, vitamin Bc, vitamin B9 and Lactobacillus casei factor.

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Folic Acid Crystals

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Chemical Structure

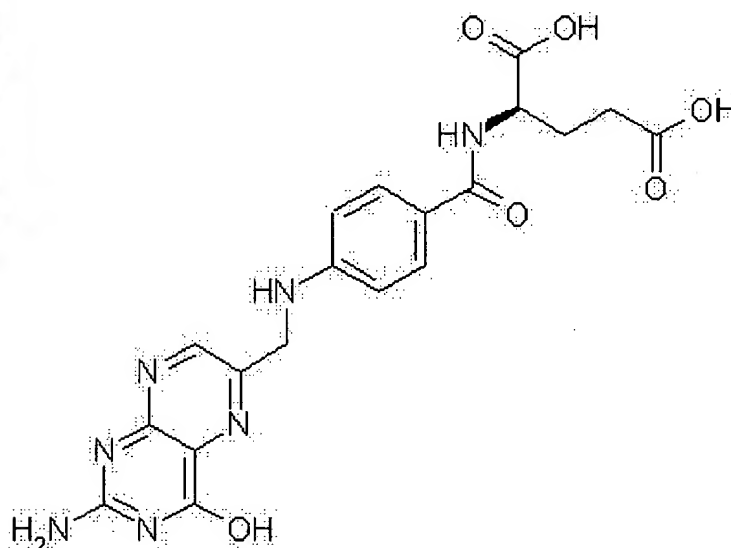


Fig.1 The Chemical **Structure** of **Folic Acid**
3D Structure of Folic Acid

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Principal Sources in Food

There are many food sources containing **folic acid**, the most important being:

- Green leafy vegetables
- Beans
- Liver
- Yeast Extract
- Whole grains
- Egg yolk
- Milk and milk products
- Oranges and orange juice
- Beets
- Wholemeal bread
- Beer

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Folic Acid in the Body

Folic acid is essential in the body for the formation of new cells. It is involved in the metabolism of DNA and RNA, deoxyribonucleic **acid** and ribonucleic **acid** respectively, and is required for normal growth, development and functioning of the foetus, nervous system and bone marrow.

Deficiency of **folic acid** is quite common and can be caused by inadequate intake, problems with absorption and metabolism or increased requirements. Symptoms of severe deficiency include:

- Loss of appetite
- Abdominal pain
- Sickness
- Diarrhoea
- Ulcers in the mouth
- In pregnancy - premature birth and/or malformation
- In children - growth retardation

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Stability

Folic acid in food is very unstable and considerable